



# ANRC Forward Riding Proficiency Certificate!

## Take the Challenge!



The ANRC Forward Riding Proficiency Courses are designed for riders middle school age through adult, for home study, and completed at your own pace. You may work independently or under the guidance of an instructor.

To obtain an ANRC Forward Riding Certificate you have two options for testing: (1) complete the coursework and submit the required materials for a virtual assessment by an ANRC judging panel or (2) request on-site testing at

## What Does it Cost?

### Enrollment Fees for Certificate Testing:

**Virtual Testing Levels One through Three**    \$150 per candidate  
*(First 20 to enroll pay \$100 per candidate)*

**On-Site Group Clinic and Testing**                    \$200 per candidate  
minimum of 3 candidates required  
*(First 3 groups to enroll pay \$150 per candidate)*

### ANRC Virtual Clinic:

#### Not sure of your level?

**Proficiency Level Assessment:**                    \$25 per performance  
*(Submit a video of a flat or jumping performance at Introductory, Level One, Two, or Three to receive feedback in a Zoom meeting).*

#### Need help polishing skills?

**Skill Coaching:**    \$25 per session  
*(Submit a video of any skill task in Introductory, Level One, Two, or Three to receive coaching in a half-hour, Zoom meeting).*

## What you receive!

- Certificate recipients are eligible to apply for [a Captain Vladimir S. Littauer Continuing Education Grant](#)
- **FREE ACCESS** to proprietary video instruction and workbooks.
- Receive a Certificate of Achievement suitable for framing
- Receive a Forward Riding Proficiency patch for your apparel.

## How do I become a Candidate? *Keep Reading.*

## STEP ONE: Determine Forward Riding Proficiency Level

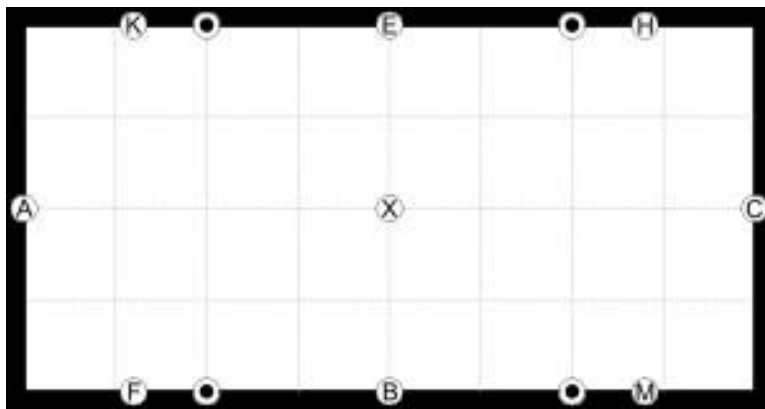
- To see where you might begin as a candidate for an ANRC Forward Riding Proficiency Certificate, read the **Forward Riding Proficiency Criteria and Testing information**. Choose the level that is the best match for your current riding skill.
- Candidates that are confident they have surpassed the Introductory Level of skill may begin at Level One—the foundation level of the Forward Riding System. More advanced riders may begin at Level Two or Level Three.
- If you are unsure where to start, choose the **ANRC Virtual Clinic** option on the registration screen.

## STEP TWO: Enroll

- Register [HERE](#). When you pay for your course you will receive a confirmation email with (1) a link to the video submission form (2) a link to take the written test (3) and a link to the written test study guide.
- Written test questions are taken from designated chapters in Schooling and Riding the Sport Horse by Paul D. Cronin (*this book must be purchased separately and is not part of your enrollment fee*).
- A candidate has 60 days from the enrollment date to submit the required video performance(s).
- Be patient and work at a pace you and your horse are comfortable with. Allow ample time to plan your exercises, practice, and study. Watch the DVD's more than once!

## STEP THREE: Submit Your Videotape Performances and Written Test

- Before you videotape your performance, know your program ride(s) and plan out your jumping course(s). You do not need to videotape all performances in one day. You will upload all videotape performances to the submission form when you are completely finished. Videotaping instructions:
  - Use a ring or performance area that will enhance your ANRC program ride.
  - Program ride performances must use the dressage ring letters A, F, B, M, C, H, E, K in the correct order and be placed in a defined space.
  - Flat performances may be called if necessary, *but not coached from the sidelines*.



### NOTE:

*The link to the written test and the link to the videotape submission form will be emailed to you after payment is received.*

*Videotape performances must be uploaded to YouTube before they are uploaded to the submission form!*

## Jumping Performances:

- Use a ring or performance area that will enhance your jumping course or exercise.
- A courtesy circle is recommended if you are executing a jumping course.
- Fence heights and distances between elements must appear to be in accordance with the course or exercise that you have set. Judges may penalize rounds that do not adequately appear to match the exercise or course requirements.

- Jumps should have wings and be at least 5'6" wide in the jumpable portion with ground lines.
- Verticals may be jumped either direction as long as ground lines are correct.
- Coaching from the sidelines during the video performance is prohibited.

### **Shooting the Video:**

- For your program ride, shoot the video from B if possible, or next best option is at letter C.
- Videos must be in landscape (horizontal) view
- Use a tripod or steady surface to keep the video as steady as possible
- Keep the entire horse/rider in view at all times.
- Zoom in as the horse and rider move further away.
- Your performance must be filmed from beginning to end with no editing or cutting.
- Please make sure video submissions are clear and crisp. Blurry videos will not be accepted.
- Tests may be called but coaching from the sidelines during the video performance is prohibited.
- Upload your video performances to You Tube before uploading them to the submission form!

### **STEP FOUR: Tack and Rider Apparel for Testing**

- Horse:
  - Each program ride must be ridden in a plain snaffle and regular noseband. You can check acceptable bits [HERE](#). No martingale, training devices of any type, flash nosebands, or figure of eight nosebands are allowed.
  - In jumping or field performances you may use any acceptable snaffle or pelham. Martingales are acceptable. No training devices, flash nosebands, or figure of eight nosebands.
- Rider:
  - Candidates must dress in a professional manner and must wear an ASTM approved helmet when mounted. Boots, breeches, and a short or long-sleeved plain polo shirt that is tucked in is suitable for schooling performances. Gloves are recommended. Riders should wear conservative formal show attire in the program ride and when jumping a course in the ring or field. Spurs and/or a crop are optional in all performances. Rider safety vests are acceptable.

### **STEP FIVE: After You Have Submitted Everything....**

- When the video(s) performances and written test results are received by the ANRC judging panel you will be invited to attend a virtual meeting with the panel using a Zoom link. In that meeting you may be asked to critique your performance(s), answer questions, and be given helpful feedback.
- Within the 10 days following the meeting, candidates receive a written letter stating they are either "approved" or "not approved" for their proficiency level.

**QUESTIONS? We are here to help. Email: [pattezumbrun@gmail.com](mailto:pattezumbrun@gmail.com)**

**We Are Cheering for Your Success!**